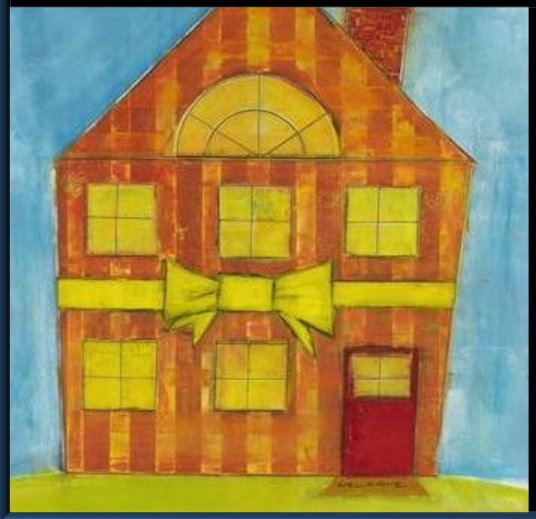
Military OneSource



Eligibility

- Active, Guard, and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others
- Illegal activity

Range of Support

Counseling

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

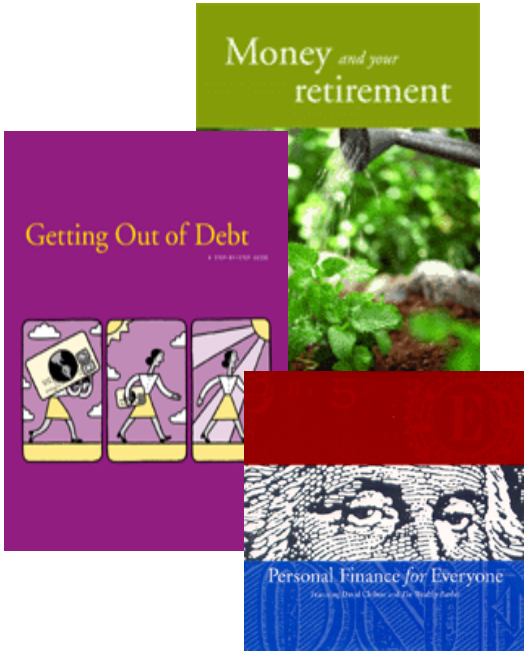
Financial Services

Financial Counseling

- Budgeting and general financial management
- Debt management
- Housing counseling

Financial Planning

- Investing
- Retirement planning
- Planning for college
- TSP/401K/pensions
- Traditional and ROTH IRAs
- Assistance in selecting a Certified Financial Planner in the local community



Healthy Habits Coaching

Improve your health-FOR LIFE!

iCanChange

A personalized, flexible, and supportive approach to help you reach your weight and health goals

iCanThrive

A step-by-step program to teach you how to: fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax

iCanRelax

A personalized, flexible, and supportive program to help you become aware of stress and how it affects you

iCanAchieve

A program targeted for teens that offers phone and online coaching for setting and achieving healthy goals

Specialty Consultations

Specialty Consultations

- Adoption
- Adult Disability
- Child Care/Nanny
- Education (College and General)
- Elder Care
- Health and Wellness
- Special Needs

Additional Services

- Document translation
- Simultaneous interpretation

Career

Topics

- Choosing a career
- Finding a job
- Effectiveness at work
- Management skills

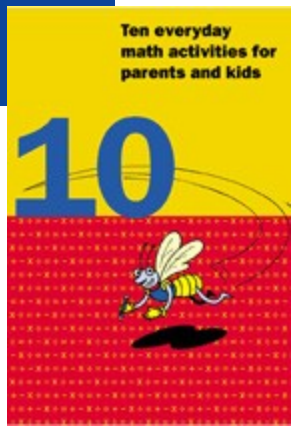
Resources

- Spouse Career Center
  - Career assessments
  - Employment readiness
- Web links
- Newsletters

Education

Topics

- K-12 education
- Adjusting to college
- Financial aid and scholarships
- Alternatives to college
- Continuing education



Resources

- School locators
- DoD MWR Libraries Education Resource Center
- College search
- *Applying to College Toolkit*
- Spouse Career Center
  - MyCAA
  - Alternate Educational Funding Opportunities

Educational Materials

Free to eligible users

Varied topics

Several formats

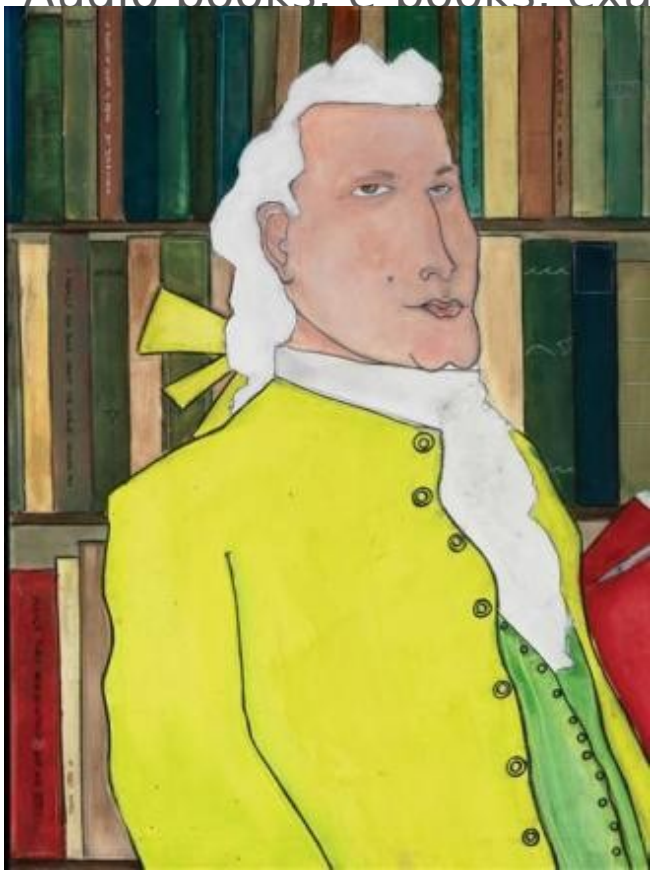
- Articles, booklets, CDs, Playaways®, DVDs, audio links, web links

Multiple ways to access materials

- Download
- Print
- Order for home delivery

Online Library Resources

Audio books, e-books, exam prep, resume builder and more!



MORNINGSTAR

eBooks on EBSCOhost

Health Library
Evidence-Based Information

SITION YOURSELF ACHIEVE MORE

Audiobooks on EBSCOhost

GALE Kids InfoBits

DoD MWR LIBRARIES
Linking Ideas, People & Communities

Safari Books Online

GALE Academic OneFile

TumbleReadables
Your Online Read-Along Collection

Teacher Reference Center

GALE Gale Virtual Reference Library

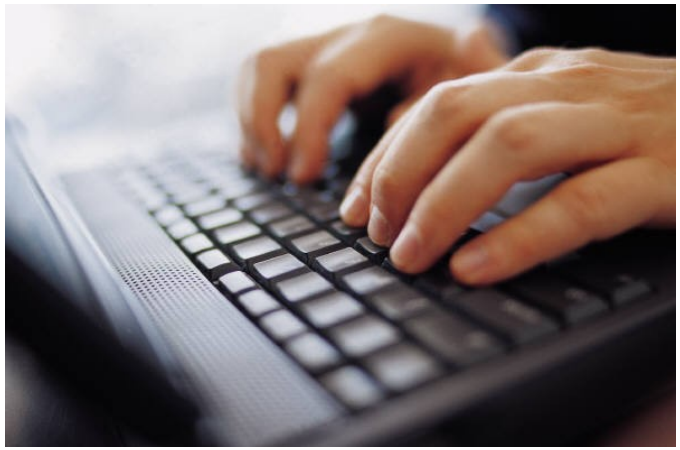
Click here for TumbleBooks™

HERITAGE QUEST

GALE Military & Intelligence Collection

Online Communities

- Newsletters
- Discussion Boards
  - Topic specific
  - State specific
- Webinars
- Moderated Chats
- Podcasts



Military OneSource: Something for Everyone

Did you know Military OneSource has…

- Retirement calculators
- *Healthy Meals* podcast
- Resources on pet sitting
- Natural disaster preparedness information
- Information on rock climbing

Access

Toll-Free telephone
1-800-342-9647

www.MilitaryOneSource.com

E-mail your questions to a consultant

Interaction with trained outreach professionals

You should expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
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Questions

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